



RIS
Research and Information System
for Developing Countries
विकासशील देशों की अनुसंधान एवं सूचना प्रणाली



Ayurveda: The Holistic Science of Well Being for the World

Well-Being is currently understood as general health and happiness, a state of physical, emotional, and social stability. It is broader than the idea of wellness and encompasses different dimensions of existence.

According to Ayurveda, holistic health means an approach to well-being that simultaneously addresses physical, mental, emotional, social, and spiritual aspects. In its application, the holistic idea of well-being is transdisciplinary. It relies on many components, such as religions, spiritual traditions, and cultures, to heal people and communities and also save the environment. Holistic health assumes importance in the context of Universal Health Coverage, SDG3, and the theme of **One Earth and**

One Health

To quote our Prime Minister Narendra Modi: “As the pandemic focused the global attention on health, India went a step further and focused on wellness. That is why we have put forward a vision before the world – One Earth, One Health. This involves holistic health care for all creatures, humans, animals or plants.”

Access to diverse approaches to health care integrated within an evidence-based framework, a patient-centric approach rather than a system-centric approach to health care, and community empowerment and self-reliance are some of the relevant themes in the context of traditional medicine and holistic health. Overemphasis on curative medicine has also led to the neglect of approaches to nurturing positive states of health and wellness, which is emphasized in traditional systems of medicine. There is a need to nurture healthy lifestyles, diet habits, and home remedies to prevent diseases, which have been part and parcel of traditional healthcare approaches. Non-communicable diseases like heart disease, cancer, diabetes, and respiratory ailments account for around 75% of global morbidity and mortality. Such chronic conditions require palliative care and an approach to improve quality of life. Treatment approaches that integrate traditional medical practices selectively can help us to address the burden of NCDs more effectively.

Despite phenomenal progress in medical science, there are gaps and unmet needs in the idea of well-being. In this backdrop, traditional methods of treatment have expanded globally and gained popularity in the last few decades. Specifically, these practices have continued to be used for primary healthcare of the poor in developing countries. They can also be used in all those countries where population still depends on traditional treatment or so-called alternative medicine as the preferred form of health care. In some parts of the world, most people continue to rely on their own traditional medicine to meet their basic healthcare needs. When adopted outside of its tradition or culture, traditional medicine is often called “complementary and alternative medicine.”

The prevalence of traditional medicine in low-income countries is estimated to be between 40% and 71%. 170 of the 194 WHO Member States have reported using traditional medicine. Their governments have asked for the WHO's support in creating a body of reliable evidence and data on traditional medicine practices and products. Among others, the most widely used traditional medicine systems today include those of India, China, and Africa. The WHO's Global Centre for Traditional Medicine is being established in Jamnagar, Gujarat, India. India brings a unique vision for holistic health to **G20**. India is one of the rare examples where medical pluralism prevails, and diverse healthcare systems have legal sanctions. AYUSH systems include Ayurveda, Unani, Siddha, Sowa Rigpa, Naturopathy, Homeopathy, and Yoga. Effective integration of AYUSH into the health care delivery system can help to bring a holistic perspective across the health verticals like Mental Health, Mother and Child Health, Elderly Care, and so on. The rich experiences of AYUSH civil society organizations in India offer micro-success stories that can be developed into strategies for global implementation.

In this regard, under India's G20 presidency, as part of the Think 20 process India has constituted a unique Task Force 3 on **LiFE, Resilience and Values for Well-being**, bringing in expertise from economics, philosophy, urban planning, sustainability and development studies, international relations, and public health as co-chairs of the task force. The Task Force 3 lays special emphasis on the holistic concept of One Health and promotion of local knowledge systems.

The present proposal aims to project various aspects of Ayurveda before all the member countries of G20 for their consideration and adoption. This workshop organized as a side event of T20 Task Force 3, aims to present and propagate that Ayurveda is not just a system of medicine but an integral science of well-being for the whole world: humans, animals, and plants.

The above conference will be held at IAS Shimla in collaboration with Vivekananda International Foundation (VIF) New Delhi and Research and Information Systems for Developing Countries (RIS) New Delhi. RIS has promised to support the travel expenditure of speakers while VIF has agreed to provide secretarial assistance - sending invitation letters and handling travel requirements of the participants.

IAS Shimla will be the venue for this important event and extend local hospitality to the distinguished participants from all over the country.

The Institute will publish the Conference proceedings and the cost of publication will be born by the Institute and the copy right of the proceeding would be with the Institute.

Tentative Schedule

INAUGURAL SESSION (Details to be Updated)

Session Two: Ayurveda and Holistic Well-being

Speaker 1 – Rajeev Vasudevan, Director, AyurVAID, Bengaluru, Karnataka, Email: rajiv_vasudevan@ayurvedaid.com

Speaker 2 – Partap Chauhan, Director, Jiva Ayurveda, Faridabad, Haryana, Email: drchauhan@jiva.com

Session Three: Ayurveda for Humanity, Person centric approach

Speaker 1 – Bhavna Prasher, Principal Scientist, CSIR- TRISUTRA Ayurgenomics Unit, New Delhi,
Email: bhavna.p@igib.res.in

Speaker 2 – Prasad M, Chief Physician, Sunetri Ayurveda, Thrissur, Kerala, Email:
sunethriayurveda@gmail.com

Session Four: Integration of Lifestyle and Diet in Ayurveda

Speaker 1 – Dr. Narayanan Nambi, Principal, Ashtangam Ayurveda Vidyapeeth, Pattambi, Kerala,
Email: drnambi@hotmail.com

Speaker 2 – Dr. Manjunath, Pro-Vice Chancellor, SVYASA University, Bengaluru, Karnataka, Email:
nkmsharma@svyasa.org

Session Five: Nature-Centered treatment

Speaker 1 – Ramkumar Kutty, Founder Director, Vaidyagrama, Coimbatore, Tamil Nadu, Email:
ramkumar@punarnava.org

Speaker 2 – Dr. P.M. Unnikrishnan, Professor, Transdisciplinary University of Health Sciences and Technology, Bengaluru, Karnataka, Email:
unnipm@gmail.com

Session Six: Ayurveda and Mental Well-being

Speaker 1 – Dr. P. Rammanohar, Director, Amrita Centre for Advanced Research in Ayurveda, Kollam, Kerala, Email:
rammanoharp@gmail.com

Speaker 2 – Dr. Suhas Kumar Shetty, Principal, KLE Ayurveda College, Belgaum, Karnataka, Email:
drsuhasshetty@gmail.com

Session Seven: Well-being of Herbal and Animal world: Vrikshayurveda and Ashvayurveda

Speaker 1 – Dr. Uma Vaidya, Pune
Email: sahityasushama@gmail.com

Speaker 2 – Vaidya Tarachand Sharma, Delhi
Email: tarachandsharma0008@gmail.com

Session Eight: Preventive and Predictive Medicine

Speaker 1 – Dr. Rama Jayasundar, Scientist, All India Institute of Medical Sciences, New Delhi, Email:
ramajayasundar@hotmail.com

Speaker 2– Dr. Somit Kumar, Director and CSO, AVP Research Foundation, Coimbatore, Tamil Nadu, Email:
drsomit.kumar@gmail.com

Session Nine: Well-being of aged persons

Speaker 1 – Dr. B.S. Prasad, President, Board of Ayurveda, NCISM, New Delhi (Online), Email:
dr_bsprasad@rediffmail.com

Speaker 2 – Approach of Ayurveda towards Healthy Aging, Dr. Mala Kapur Shankardass, Health Social Scientist and Gerontologist, Delhi, Email:
malakapurshankardass@gmail.com

Session Ten: Women and Child Health

Speaker 1 - Optimizing Health And Well-Being For Women And Children, Dr.Ruby Pawankar, Executive Director, Dept. of Pediatrics, Nippon Medical School, Tokyo, Japan; Co-Chair, TF-3/ T-20, Email: pawankar.ruby@gmail.com

Speaker 2 – Dr. Sarika Chaturvedi, Senior Scientist at Dr. D Y Patil Vidyapeeth, Pune, Maharashtra, Email: sarikabharat2005@gmail.com

VALEDICTORY SESSION (Details to be Updated)

Convener – Prof. Dr. ShashiPrabha Kumar

Chairperson, IAS, Rashtrapati Niwas, Shimla, Distinguished Fellow, Vivekananda International Foundation (VIF), New Delhi, Co-Chair, Taskforce- 3 (LiFE, Resilience and Values for Well-Being), T20/G20 India Presidency, Dean, Sri Sankaracharya Sanskrit Mahavidyalaya, Bharatiya Vidya Bhavan, New Delhi, Former Vice Chancellor, Sanchi University of Buddhist-Indic Studies, Raisen, Madhya Pradesh, Email: prof.shashiprabha@gmail.com

Coordinator – Vaidya P. Rammanohar

Lead Coordinator, Holistic Health Vertical, C20 Integrated Holistic Health Working Group; Director, Amrita Centre for Advanced Research in Ayurveda, Amrita Vishwa Vidyapeetham, Kollam, Kerala, Email: rammanoharp@gmail.com